

YOUR 12 MONTH OLD

POINTS TO REMEMBER



SAFETY

- ♥ ALWAYS WASH your hands before preparing food, after changing diapers or using the bathroom, to keep your baby from getting infections.
- ♥ CHANGE your car seat to a TODDLER CAR SEAT (unless your baby weighs less than 20 pounds). ALWAYS buckle your child in the seat correctly and place the car seat in the back seat of the car.
- ♥ ELIMINATE tobacco smoke in your baby's environment (daycare center, the home of your babysitter or relatives, etc). Make your car and your home no-smoking zones.
- ♥ NEVER leave your child ALONE in a vehicle. NEVER leave your child alone with a pet or another young child.
- ♥ TAKE your child to a health-care provider's office for REGULAR well check-ups and immunizations.
- ♥ EARLY SIGNS that your child may BE ILL are fever, vomiting, diarrhea, or failure to eat. If any of these signs are present, take your child to your health care provider for evaluation and treatment.
- ♥ INSTALL smoke detectors in your home. CHANGE the batteries twice a year when the time changes in the spring and fall.
- ♥ DON'T let your child ride in vehicles if you suspect the driver has been using alcohol or drugs. Do not ALLOW anyone who is drinking or using drugs to provide childcare.
- ♥ HAZARD PROOF your home. Use safety locks on cabinets. Keep medicine and poisonous products in a safe, secure place. If your child accidentally takes medication, or puts a poisonous product in his/her mouth, call the POISON HOTLINE immediately 1-800-722-5725. Keep Syrup of Ipecac and activated charcoal in you home. Do not use until you call the poison center for direction. Place plastic safety plugs in electrical sockets. Place gates at the top and bottom of stairs. Get down on the floor at your baby's eye level to look for hazards, (coins, buttons, ropes, curtain or mini-blind cords, pins or needles, pencils or ballpoint pens, sharp or rough edges of furniture).
- ♥ NEVER leave your child alone around water (i.e. bathtub, mop water, bathroom commode, swimming pools). NEVER allow another young child to supervise your child around water.
- ♥ CHECK your hot water faucets and make sure the water is not too hot. If the water is too hot, have your hot water heater adjusted. ALWAYS check the bath water with your wrist to make sure the water is not too hot before putting your child in the bathtub.
- ♥ WHEN COOKING, ALWAYS turn pan handles toward the back of the stove. KEEP your child away from hot stoves, space heaters, curling irons, wood stoves, fireplaces, and candles. ALWAYS keep matches and cigarette lighters out of a child's reach.
- ♥ NEVER leave heavy objects or hot liquids close to the edge of a table or on tablecloths where there is a danger your child could get the edge of the tablecloth and pull it down.
- ♥ INSPECT toys for small or damaged parts and do not allow your child to play with toys with rough, broken or sharp edges. DON'T allow your child to play with latex balloons, plastic bags or marbles.
- ♥ DO NOT use a walker.
- ♥ IF you or your child are experiencing emotional, physical, or sexual abuse, TELL your health-care provider or call the ABUSE HOTLINE 1-800-752-6200 for help.

NUTRITION

- ♥ **FEED** your child at family mealtimes and give him\her two to three nutritious snacks a day. **OFFER** your child nutritious foods, **ALLOW** your child to feed him/herself, and let him\her decide how much he\she wants to eat. **AVOID** giving foods that may cause choking or be inhaled (peanuts, hotdogs or sausages, carrot sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat).
- ♥ **IF** you are bottle-feeding, **CHANGE** from formula to whole milk, **ENCOURAGE** your child to drink from a cup, and begin weaning him\her from taking a bottle.
- ♥ **AVOID** giving your child foods high in sugar, such as soda and candy.
- ♥ **EXPECT** your child to gain weight at a slower rate than he\she gained the first year.
- ♥ **ASK** your health care provider about the WIC program.



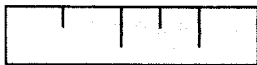
HEALTHY TEETH

- ♥ **BEGIN TO TEACH** your child to brush his\her teeth, using a soft toothbrush and a pea-sized amount of fluoridated toothpaste. To encourage healthy teeth, **DO NOT** put your child to bed with a bottle.
- ♥ **CONTINUE** to encourage your child to drink from a cup and wean him\her from a bottle.



CARE and INTERACTIONS

- ♥ **PRAISE** your child for good behavior.
- ♥ **SHOW AFFECTION** in your family; spend individual time with each child.
- ♥ **PICK YOUR CHILD UP**, cuddle, hug, and talk to him\her.
- ♥ **ENCOURAGE** language development by reading books, singing songs, and talking about what you and your child are seeing and doing together.
- ♥ **LIMIT** the number of family rules and consistently enforce them. **DEVELOP** rules for all the family members.
- ♥ **ENCOURAGE** your child to play alone, as well as with playmates, brothers, sisters, or parents.
- ♥ **USE DISCIPLINE** as a method of teaching and protecting, not as punishment. To discipline a child, use distraction, gentle restraints or the removal of an object. If necessary, remove the child for a time-out from the situation and what is bothering him\her. **DISCOURAGE** your child from hitting, biting, and other aggressive behaviors.
- ♥ **DO NOT** begin toilet training. **DISCUSS** details of toilet training with the health professional at the next visit.



GROWTH AND DEVELOPMENT

BY 12 MONTHS, a baby usually:

- ♥ Pulls to stand, and may take a few steps alone.
- ♥ Points with index finger.
- ♥ Drinks from a cup, feeds self.
- ♥ Can say three words in addition to “mama” and “dada”.
- ♥ Plays “pat-a-cake”, “peek-a-boo”, and “so big”.

Reference: Maternal and Child Health Bureau, *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, National Center for Education in Maternal and Child Health, 1994, Arlington, VA.